



## INTRODUCTION.

---

WHEN, almost two years ago, I was importuned to write a series of popular articles upon the "Physical and Mental Education of Woman," I re-read carefully Dr Clarke's "Sex in Education," and said in effect, if not in words, "They have Moses and the prophets. Let them hear them."

Still, the proposition had awakened my attention to the real or imaginary need for such a work. It was one from which my taste recoiled, nor had I—it was easy to persuade myself—time or strength for the undertaking. But, once admitted, the thought would not down. Once opened, my eyes saw more and farther than ever before into the needs, the failures, and the capabilities of my sex.

I saw a mighty class of human beings ignorant of the things pertaining to their physical peace; accounting the holiest mysteries of their natures an unclean thing; holding carelessly the sublimest possibilities of their kind; never giving a thought to the awful truth that they control the fate of the coming race.